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# Focus is on fans: Iginla

**Finally over.** The NHL ended its 113-day lockout early Sunday

With the 2013 NHL season finally in sight, Jarome Iginla wants to focus on winning back fans rather than on his impending status as an unrestricted free agent.

The captain of the Calgary Flames said he doesn't want to be a distraction once NHL teams get back to playing games for real.

"I definitely don't want there to be any distractions and I want us to be a very good team, which I believe we will be," said Iginla, who's entering the final year of a five-year deal that pays him $7 million US per season.

"It would be my preference to stay here, for sure."

Iginla said that he hasn't even contemplated whether he and his agent Don Meehan would consider signing a new deal during the season or waiting until after it's over.

"I haven't thought about the different scenarios," he said.

"Right now it's really just getting ready for training camp. Once the season comes, I'd like the focus definitely to be on just winning games."

In order to win fans back, Iginla acknowledged that he and his teammates have some tough work ahead of them.

"We hope we can be entertaining for the fans," he said.

"I know it's going to take some time to win some fans back. The best thing we can do as a team is come out and be exciting and play hard and win. Hopefully they come and enjoy that.

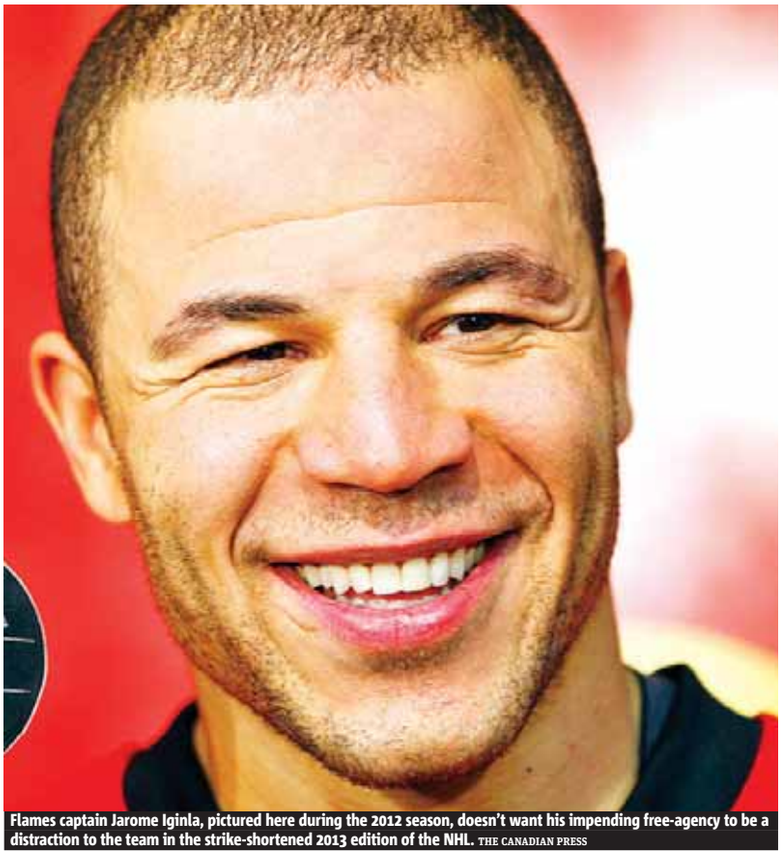
"I definitely understand how ticked off fans have been over it and they have that right to be.

"It's totally understandable."

THE CANADIAN PRESS

**Quoted**

**"I know it's going to take some time to win some fans back. The best thing we can do as a team is come out and be exciting and play hard and win. Hopefully they come and enjoy that."**
Jarome Iginla



Flames captain Jarome Iginla, pictured here during the 2012 season, doesn't want his impending free-agency to be a distraction to the team in the strike-shortened 2013 edition of the NHL. THE CANADIAN PRESS

## Lakes facing dire situation

New research is providing the most conclusive proof yet that oilsands development in the province's north is polluting surrounding lakes PAGE 2

## Nabbed in Alberta

Toronto police say 43-year-old Steven John McGuire was recently arrested in Fort McMurray in a cold case that dates back 20 years PAGE 6

## A vegetarian sandwich even meat eaters will love

The grilled vegetables, pesto and brie will have you chomping down on this healthy lunch option PAGE 12

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Top scientists

## Research is firm: Oilsands polluting downstream lakes

New research has provided the most conclusive proof yet that oilsands development in northern Alberta is polluting surrounding lakes.

The findings all but end the debate over industry's contribution to toxins found in local watersheds, say the report's authors.

The federally funded research by some of Canada's top scientists was published Monday in the U.S. journal the Proceedings of the National Academy of Sciences. It concludes that levels of toxic hydrocarbons in six lakes in the oilsands region are between two and a half and 23 times what they were before the mines were built.

While overall toxin levels remain low, trends aren't good and some lakes are already approaching warning levels. The paper adds that the timing of the contamination and its chemical makeup both point to industrial sources.

"We cannot see any way we can attribute this to natural causes," said study co-author John Smol, a biologist at Queen's University in Kingston, Ont.

THE CANADIAN PRESS

The Suncor mine facility along the Athabasca river as seen from a helicopter tour of the oilsands. THE CANADIAN PRESS FILE

# Liquor-home-delivery biz sees rise in demand

**Staying in.**
Tougher impaired-driving legislation, suggestions of taxi shortage on the minds of many customers

JEREMY NOLAIS
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Owners of Calgary liquor home-delivery services are raising a glass to a steady pour of new customers in the wake of tougher impaired-driving laws and concerns about local taxi service.

"A lot of calls do come in where (customers) don't want to take a chance and drink and drive," said Wayne McDougall, owner of Dial a Bottle Calgary.

Concerns were raised by government critics and bar-industry representatives last year that newly implemented impaired-driving legislation targets everyday social drinkers. The new measures extend suspensions for drivers with a blood-alcohol reading over .05 from one day to three and force those with a reading over .08 to resolve the matter in court before again climbing behind the wheel.

McDougall said he's witnessed a 10 per cent jump in business in recent months and expects that will continued to rise. When his drivers arrive at a customer's door, they are charged the cost of their goods — which, besides alcohol, can also include liquor, cigarettes and other items — as well as a delivery fee that ranges from $8 to $15 depending on proximity to the downtown core.

To Narendhar Bheemanpelly, owner of Calgary's Pick 'N' Drop Services, the rise in business he's witnessed — about 10 per cent year-over-year — is good for reasons other that just his bottom line.

"I started this business to keep people off the road when they're drunk," he said.

**Limited impact elsewhere**

- Representatives with the Canadian Restaurant and Foodservices Association reported in October only a modest five per cent decrease in Alberta business after the introduction of tougher impaired-driving legislation, alleviating initial fears of many owners and industry workers.
- Despite claims to the contrary by local taxi brokers, officials like Alberta solicitor general Jonathan Denis have cried foul over of a shortage of vehicles operating during peak bar hours.
- City council did green-light the addition of 55 new cab licences last year, bringing to city's total fleet to 1,466.

Wayne McDougall, owner of Dial a Bottle Calgary, says new impaired-driving legislation has led many ordering a drink or two from his team in recent months. JEREMY NOLAIS/METRO

# Rat didn't have many friends: Province

Aside from the roof rat found in New Brighton last week, city officials also discovered this rodent in Auburn Bay last August but don't believe many more of the critters are running free in the city. METRO FILE

Alberta's provincial rat specialist said Monday there's no evidence of a larger infestation in New Brighton after one vermin was discovered in the southeast Calgary community last week.

In fact, Phil Merrill cancelled a planned trip to the area after reviewing evidence collected by city officials.

"We're pretty confident," he said. "You would see some chewing or tracks or rub marks if there's an infestation there. They didn't find those."

The rodent, which officials confirmed was a roof rat, was discovered Thursday and killed by a local resident.

City waste and recycling spokesperson Blair Riddle said routine monitoring is conducted at city landfills for rodents and pets, with formal inspections occurring twice a month and constant operation of infrared cameras.

"No rat activity has been detected at those (landfill) sites," Riddle added.

City bylaw officials said last year that residents register 200 rat-related complaints every year, but only a handful of the species are discovered annually and most are escaped pets.

JEREMY NOLAIS/METRO

**Medicine Hat infestation**

- Provincial rat specialist Phil Merrill said a highly publicized rat infestation in Medicine Hat discovered last August appears to be all but eliminated.
- Since initiatives to lure and trap more than 100 rodents in the southern Alberta city relaxed somewhat, only a couple of vermin have been discovered.
- "There are probably still one or two out there," Merrill said.

## Inquiry. Former Edmonton region CEO gave heads-up on VIP patients

The former head of Edmonton's health region admitted she gave a heads-up to staff on incoming VIP patients — but didn't expect those patients would get favourable treatment.

"I have a lot of confidence in (staffers') understanding that any sort of extra care or service is dependent on medical need," Sheila Weatherill told the Alberta Health Services Preferential Access Inquiry on Monday.

That sparked a sharp exchange between Weatherill and commission counsel Michele Hollins.

"If the nursing staff and the frontline staff — everyone — agrees that we have every confidence that they are going to treat patients according to their medical need, that they're not going to provide particular service to a prominent person, correct?" said Hollins.

"Correct," said Weatherill.

"Then what is the point of telling them, 'Here's this prominent person that's coming into your facility?' If you expect patients to be treated equally, why didn't your office treat them equally?" asked Hollins.

Weatherill paused before answering.

"I feel there is a value in passing on information to the senior people so that they would have an awareness that these people had become part of the health system," she said.

Earlier witnesses have testified that the health region under Weatherill had a culture of VIP care, with front-line staff told to watch over prominent patients. THE CANADIAN PRESS

**Quoted**

**"I feel there is a value in passing on information to the senior people so that they would have an awareness that these people had become part of the health system."**

**Sheila Weatherill, the former head of Edmonton's health region,**
while testifying on Monday at the Alberta Health Services Preferential Access Inquiry

# Calgary aims to make 2013 the year of flex work

**Morley Surcon, general manager at Eagle Professional Resources, moves boxes at his downtown office Monday.** ROBSON FLETCHER/METRO

## Commuting. City promoting flexible work to deal with gridlock

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgarians spend an average of 67 minutes a day commuting, something city officials hope to reduce in the coming year and beyond.

"We're trying to get corporations to change the culture a little bit," said Ald. Richard Pootmans, who hopes 2013 will be the year that sees the beginning of a new culture.

Pootmans said the image of the "eager go-getter" is often associated with the person who's at the office first thing in the morning, but modern work can be done at different times of day from different locations.

"We're writing the book, literally, on how to do this," said Robyn Bews of WorkShift, a Calgary Economic Development initiative aimed at encouraging employers to adopt flexible work schedules.

Simply shifting the start of the work day for some employees can save them travel time during rush hour, Bews said, while also taking stress off Calgary's transportation network and environment.

There are countless technological options for staff to work from home or other remote locations, she added.

Morley Surcon of Eagle Professional Resources said allowing staff members to work from home some days while still collaborating via private online chat rooms has proven highly effective for his company.

**Quoted**

**"It's a way for us to keep people longer, make them happier, make them more productive and hopefully attract more people to Eagle as well."**

**Morley Surcon of Eagle Professional Resources.**

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Plus more.

# EPA head quit over pipeline plan: Report

According to a New York Post report, Lisa Jackson, the former head of the U.S. Environmental Protection Agency, resigned because of the proposed Keystone XL pipeline. KEVIN WOLF/THE ASSOCIATED PRESS FILE

**Rumour has it.** Jackson has voiced concerns over Keystone pipeline, which President Obama appears set to approve

The head of the U.S. Environmental Protection Agency resigned abruptly last week, reportedly to protest the Obama administration's apparent plans to approve TransCanada's Keystone XL pipeline in the coming months.

The American environmental movement is abuzz following a New York Post report that Lisa Jackson suddenly quit her post because she doesn't want to be at the helm of the agency when the White House rubber-stamps the project.

"She was going to stay on until November or December," a source close to Jackson told the Post. "But this changed it. She will not be the EPA head when Obama supports (Keystone XL) getting built."

The EPA is one of several federal agencies that's been advising the Obama administration on the $7-billion pipeline, a project that would carry millions of barrels of crude a week from Alberta's carbon-intensive oilsands to the U.S. Gulf Coast.

**Quoted**

**"This isn't a little tiny pipeline. This is a pipeline that cuts our country literally in half."**

**Lisa Jackson, then head of the EPA**
at a 2011 appearance at Howard University

The ultimate decision on Keystone XL's fate rests with the State Department, since it crosses an international border.

Jackson was appointed soon after Obama was elected. Over the past four years, she's pushed through the toughest new air- and water-pollution rules in more than 20 years and has frequently spoken out on climate change.

In July 2010, as TransCanada awaited a decision from the White House on the pipeline, the EPA sent a letter to the State Department calling its draft environmental assessment of the project "inadequate."

It chastised analysts for failing to address the greenhouse-gas emissions associated with Keystone XL, and urged the State Department to further examine safety and spill-response planning, as well as the impact on Canadian native communities. **THE CANADIAN PRESS**

## Aurora. Police testify in hearing of suspected movie-theatre gunman

Family members and victims line up to get into court for a preliminary hearing for Aurora-theatre shooting suspect James Holmes at the courthouse in Centennial, Colo., on Monday. ED ANDRIESK/THE ASSOCIATED PRESS

The families of victims of last year's mass shooting at a Colorado theatre sat through emotional testimony Monday from police officers who tried to save the lives of the wounded.

One sergeant recalled during the hearing for suspected gunman James Holmes that he did not find a pulse for the youngest victim, six-year-old Veronica Moser-Sullivan.

Another said he had to stop one man worried about his seven-year-old daughter from jumping out of the moving patrol car.

A bearded Holmes didn't appear to show any emotion.

The first extensive details were emerging about the young man suspected of killing 12 people and wounding at least 58 in one of the worst mass shootings in the U.S. last year. The hearing will determine whether the case will go to trial.

The massacre thrust the problems of gun violence and mental illness into the forefront before they receded in the ensuing months. Now, just weeks after a shooting spree at a Connecticut elementary school left 20 children and six adults dead, prosecutors are laying out their case with the nation embroiled in a debate over gun violence and mental illness.

Any new details to emerge this week — including Holmes's mental state — will come amid the discussion over an array of proposals, including tougher gun laws, better psychiatric care and the arming of teachers.

Investigators say Holmes was wearing a gas mask and body armour when he tossed two gas canisters and opened fire in the theatre on July 20.

Officers found Holmes standing next to his car. Officer Jason Oviatt said Holmes seemed "very, very relaxed" and didn't seem to have "normal emotional reactions" to things. "He seemed very detached," he said.

Holmes volunteered that his apartment had been booby trapped, officers said.

Until now, many details of the case have been kept quiet and many court documents have been filed under seal. **THE ASSOCIATED PRESS**

**Attawapiskat, Ont.**

## Chief counters release of audit with demands

The battle over the plight of Canada's First Nations escalated Monday amid accusations of a cynical public-relations ploy by the Harper government and new demands by a hunger-striking chief.

Chief Theresa Spence, who has been on a liquid diet since Dec. 11, said she wants elements of the Conservatives' latest omnibus budget bill repealed.

Spence had previously been seeking only a meeting between the prime minister, the Governor General and First Nations leaders to discuss outstanding treaty matters.

The demand comes as Ottawa releases a scathing audit of tens of millions of dollars in spending on Spence's Attawapiskat reserve, a troubled community in northern Ontario.

The audit details an absence of basic accounting and ongoing indifference by federal government departments. **THE CANADIAN PRESS**

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# Cold-case suspect arrested in Alberta

Toronto police said Monday a tip helped them make an arrest in connection with a pair of sexual assaults dating back two decades.

Police said evidence has linked the suspect to the alleged crimes that took place eight months apart, one in 1993 and the other in 1994.

In one incident, police said a 19-year-old woman was pulled under a parked tractor-trailer, where she was sexually assaulted and then robbed by a man armed with a knife.

In the other, police said a man climbed up to a second-storey apartment and sexually assaulted a 46-year-old woman at knifepoint before stealing her purse.

The arrest came more than a year after police offered a $50,000 reward for information leading to the identification or capture of the suspect.

Toronto police Det. Ali Ansari said 43-year-old Steven John McGuire was arrested last week in Fort McMurray, Alta., where he had been working.

He is charged with sexual assault with a weapon and robbery in the 1993 incident and breaking and entering, sexual assault with a weapon, robbery and threatening death in the 1994 incident.

McGuire appeared in court Sunday and was remanded into custody. His next hearing is scheduled for Jan. 21.

"We want the community to know that we don't give up on cases," Ansari said in a news conference, adding the victims were "relieved" to hear of the arrest.

THE CANADIAN PRESS

Police said Steven John McGuire, 43, was arrested last week in Alberta in connection with two sexual assaults dating back 20 years.
TPS/THE CANADIAN PRESS

**Investigation**

**Police revealed few details Monday about the investigation, saying they couldn't discuss the nature of the tip they received.**

- **Known to police.** Det. Ali Ansari said Steven John McGuire has been living outside Ontario since 2005 and is known to police in several jurisdictions, including Toronto.
- **Sketch.** Police have released a composite sketch of McGuire in the hopes of stirring up more information.

**Death row**

## Canadian inmate hits roadblock to clemency

A lawyer says Montana's outgoing governor will not be granting clemency to Canadian death-row inmate Ronald Smith, a convicted murderer, before he leaves office.

Smith, originally from Red Deer, initially asked for the death penalty but changed his mind and has been fighting for his life ever since.

THE CANADIAN PRESS

# Ouster trial. Rob Ford portrayed by lawyer as a 'plain and honest' man

Rob Ford's fate as mayor of Toronto rested in the hands of three judges Monday after a day of largely technical arguments for and against a court ruling that he should be removed from office for conflict-of-interest violations.

The mayor's lawyer told the Divisional Court panel that Ford was an open and honest politician ordered to forfeit his job by a judge who had misinterpreted the law.

Ford's opponents countered that the mayor had deliberately flouted conflict-of-interest rules, and the judge's ruling requires deference as long as it was reasonable.

In calling for Divisional Court to overturn Ford's ouster, lawyer Alan Lenczner said there never was any case against the mayor.

Ford, Lenczner said, gained no financial benefit from fundraising for his private football foundation and was upfront when he spoke during a council vote that he was only trying to help disadvantaged youth.

"He was perfectly plain and honest," Lenczner told a jammed courtroom. "This is the hallmark of an honest man."

In November, Ontario Superior Justice Charles Hackland ordered Ford removed as mayor for taking part in the vote on whether he should repay $3,150 raised for the foundation. The ruling was put on hold pending Ford's appeal.

For his part, Lenczner said the mayor could not have been expected to understand the legal intricacies at play.

"Mr. Ford is a high school graduate," the lawyer told the court. THE CANADIAN PRESS

Toronto Mayor Rob Ford leaves a courtroom on Monday during a break in proceedings as he appeals an earlier decision to remove him from office.
CHRIS YOUNG/THE CANADIAN PRESS

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Psst. Want to be the next governor of the Bank of Canada? An executive search firm has posted an ad for the position on the central bank's website.

The ad doesn't say how much the job pays, but according to the bank's website, the salary for 2012 was between $431,800 and $507,900 plus pension, health and dental benefits.

The ad does, however, outline an impressive list of criteria.

Quite apart from the daunting task of succeeding the current governor, Mark Carney, who is seen as something of an international financial superstar, the job is not for the faint of heart.

Carney's resumé, for example, includes a doctorate in economics from Oxford University, 13 years with Goldman Sachs and a stint as a senior official in the federal finance department.

His successor must be capable of running an institution that helps shape global economic policy, keep Canada's inflation rate in check and maintain integrity in the value of the loonie, says the ad posted by Odgers Berndston.

Interestingly, the ad also says the candidate must be a Canadian citizen. That appears to rule out an international swap for Carney, who is leaving in June to become governor of the Bank of England.

Carney was named to the job in England on Nov. 26, an announcement that shocked and surprised the English.

TORSTAR NEWS SERVICE

**Market Minute**

**DOLLAR** 101.45¢ (+0.14¢)

**TSX** 12,499.55 (-41.26)

**OIL** $93.19 US (+10¢)

**GOLD** $1,646.30 US (-$2.60)

**Natural gas:** $3.27 US (-2¢)
**Dow Jones:** 13,384.29 (-50.92)

**By the numbers**

**$431,800**

The ad doesn't say how much the job pays, but according to the bank's website, the salary for 2012 was between $431,800 and $507,900, plus pension, health and dental benefits.

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# SAY 'I DO' TO THESE UNIQUE WEDDING TRENDS

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

The holiday season is over, which means that the wedding-planning season has officially begun. With most couples walking down the aisle during the spring and summer months, many are starting to make plans for their upcoming nuptials.

From the cheesy first dance to the bouquet toss, most weddings tend to feel like the same thing over and over again. "No matter how unique a couple wants to be, there are still certain traditions they'll want to honour," says Four Weddings Canada producer Marnie Sugarman, who has overseen more than 100 weddings while working on the reality show in which brides attend and judge each other's weddings to compete for a dream honeymoon.

So how can couples make their special day stand out among the cookie-cutter ceremonies? Skip the tacky convention-centre bridal shows (where good taste goes to die) and consider these five hot wedding trends for 2013.

**Guest ye be judged**

**Formal "You're Not Invited" announcements are the perfect way to let those pushy friends and relatives know that they didn't make the cut.**

**Actually getting hitched is only the beginning:** Flash mobs, choreographed dances and skits are just some of the creative ways couples are going above and beyond to entertain their wedding guests, says Sugarman. Because nothing says "I'll love you for eternity" like circus animals and a pyrotechnic display.

**You are cordially uninvited:** Formal "You're Not Invited" announcements are the perfect way to let those pushy friends and relatives know that they didn't make the cut. Yes believe it or not, couples are actually spending hundreds of dollars on stationery and calligraphy fees to reach out to the people they don't like enough to put on the guest list.

**Ditch the white dress:** Let's face it: Most of us aren't fooling anyone in those virginal white dresses anymore. If you're both in your late 20s or older and have been living together for a few years, it's safe to assume that people know you aren't saving it for marriage. So why stick with the oh-so-chaste plain white dress? Opt for an unconventional shade such as soft pink or yellow, which Sugarman says are becoming increasingly popular.

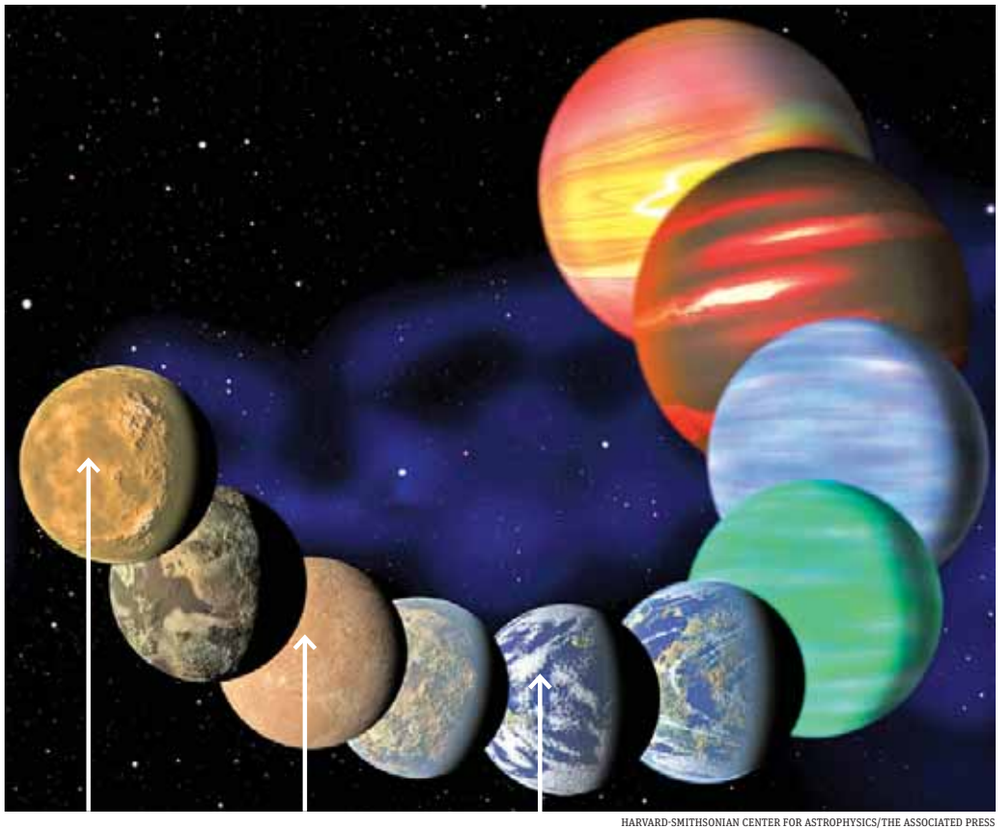
**Churches are so over:** From art galleries to high-end furniture stores, many couples are seeking out unique venues to exchange their vows. Also, anyone on Pinterest knows that banquet-hall receptions are out and adorably twee barnyard hoedowns are in.

**Make your Big Day a small affair:** The couples on Four Weddings Canada spent an average of $31,625 on their weddings. With that kind of money you could buy a brand new Mini Cooper convertible, finance two years of university education or put a down payment on a house. So instead of donning a haute couture blush-pink gown and dancing down the aisle in an airplane hangar, you could just pop some champagne while signing the papers at city hall and save yourself a whole lot of money.

Let your gown do the blushing for you.
PASCAL LE SEGRETAIN/GETTY IMAGES

Follow Jessica Napier on Twitter @MetroSheSays

# So many worlds of possibility



HARVARD-SMITHSONIAN CENTER FOR ASTROPHYSICS/THE ASSOCIATED PRESS

**Goldilocks mission**

## Spacecraft spots billions of Earth-sized planets

This artist rendering released Monday by Harvard-Smithsonian Center for Astrophysics shows the different types of planets in our Milky Way galaxy detected by NASA's Kepler spacecraft.
THE ASSOCIATED PRESS

**Not too hot, not too cold**

## 17B

A new estimate presented at the American Astronomical Society suggests that the Milky Way galaxy is home to at least 17 billion planets similar in size to Earth.

It doesn't mean all are potentially habitable, but the sheer number is a welcome starting point in the search for worlds like our own.

Scientists have yet to find a twin Earth — one that's not only the right size but also located in a zone that's not too hot and not too cold where water might exist in liquid form.

**Search for just-right twin**

- Two independent groups came up with the new estimate after a fresh analysis of data gathered by NASA's Kepler spacecraft, launched in 2009 to track down other Earths. The craft spots a planet when it passes in front of the planet's star.
- One team led by Francois Fressin of the Harvard-Smithsonian Center for Astrophysics estimated at least one in six stars has an Earth-size planet orbiting it.
- Using a different method, researchers at the University of California, Berkeley and University of Hawaii determined 17 per cent of stars host planets that are one to two times the diameter of Earth.

Metropolitan Panel

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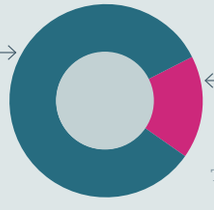
## Canada is the guinea pig for Facebook's new VoIP service. Will you be answering the call?



**83%** NO. I ALREADY HAVE SKYPE, FACETIME AND A PHONE PLAN.

**17%** YES. I WANT TO INSTANTLY AND LITERALLY CALL PEOPLE ON THEIR BAD STATUS UPDATES.

**Twitter**

**@CodyCoates:** My wife is back to work today after her monster Xmas break. Soooo... how do you make breakfast again? Milk then cereal? #luckyhusband #yyc

**@ardenbagni:** Came to #yyc with 1/4 suitcase full. Going to #yyz with 2 suitcases and 1 carryon. #Deargod #studentlife

**@CalgarySingles:** Ah, finally Hockey's back. Guys, unless your date is a huge hockey fan, the rink is not a good 1st date place. 2nd awesome. #GoFlames #yyc

**@musicbaum:** You know the holidays are REALLY over when they close the calendar store at the mall. #yyc

**@BestShaneEver:** Problem: now that I know the revenues its tough to cough up $150/tic to see a game. #nhl #yyc #yeg

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It may have taken 113 days (and many broken hearts) but the NHL lockout has finally come to an end. While both sides finalize details, fervent fans must impatiently wait for the games to begin. In the meantime, Metro presents five songs to get you back in the mood for hockey:

STEVE GOW
scene@metronews.ca

### Time to Go, Dropkick Murphys

No other song so brilliantly highlights the anticipation of the strike's end. Dropkick Murphys, hockey enthusiasts themselves, wrote this tune as a Bruins fight song. But its spirited chant "drop the puck, it's time to go" surely speaks to all fans eager for the return of their favourite sport.

### 50 Mission Cap, The Tragically Hip

50 Mission Cap may be specifically about hockey hero Bill Barilko and his mysterious disappearance after leading the Maple Leafs to a Stanley Cup, but the Tragically Hip's hockey hit also speaks to a simpler, nostalgic period of the sport's history.

### The Hockey Song, Stompin' Tom Connors

Stompin' Tom Connors' 1973 classic has become synonymous with the sport. Not only is it played at every NHL game, but its chorus blurts out "the best game you can name is the good ol' hockey game" and that's gospel for many Canadians.

### Big League, Tom Cochrane

A song about a player whose promising hockey greatness was cut short by a car wreck, Tom Cochrane himself admits he's as proud of his 1988 hit "as anything I've ever written." Pure Canadiana, its spirit mirrors the passion of the fans.

### Hit Somebody (The Hockey Song), Warren Zevon

Warren Zevon may be best known for Werewolves of London, but this quirky 2002 song about a young, talentless goon passionate to score just one goal instead of fight should be a reminder to NHLers how lucky they are to play.

# How Nelly got her groove back

**Spirit Indestructible.** Singer dug deep into her past to inspire her on her new album — her first English effort in six years

IAN GORMELY
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Nelly Furtado is hitting the road to promote her new album, Spirit Indestructible, released in September. GETTY IMAGES

Nelly Furtado's latest album, Spirit Indestructible, saw release back in September, but the Victoria singer is only now hitting the road to promote the release.

The delayed trip, which includes a string of Canadian dates, is in keeping with the drawn out creative process behind the record, her first English language effort in six years.

"It took two or three years for me to put forth what I really wanted to say on the album," she says.

After releasing a Spanish-language album on her own NelStar label in 2009 and overseeing Toronto singer-songwriter Dylan Murray's debut for the fledgling company, Furtado found it difficult to rediscover the groove that had helped produce massive hits like I'm Like a Bird and Promiscuous.

But Furtado's material soon took on a nostalgic tone as she began digging through her past for inspiration. Rodney "Darkchild" Jerkins, who produced the majority of the album's dozen tracks, worked on many of the late-'90s R&B and hip-hop tracks Furtado grew up on.

The track Big Hoops even name-checks No Diggity, a 1996 hit by Blackstreet, an R&B group founded by Jerkins' mentor Teddy Riley. Yet the singer was oblivious to her producer's past until she found plaques commemorating his work with Aaliyah hanging in the studio hallway.

"I think that was why I was feeling so open and willing to write about stuff from the past in such a celebratory way," says Furtado. "There was a lot of serendipity going on."

Furtado describes the final product as "quite different" from her previous outings, combining the club vibes of 2006's Timbaland-assisted Loose with the folkier leanings of her first two records.

Eclecticism, she says, has always been a big part of what she does. "It's very loud, abrasive, it's raw, and a little irreverent. I've been away for a while," she says.

"If I'm going to put something out I want it to be sonically creative."

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Kanye and Kim say no to sale of first baby pics, who said yes?*

THE WORD
Dorothy Robinson
scene@metronews.ca

Upon the news that Kim Kardashian and Kanye West have already turned down a $3 million paycheque for the pictures of their unborn child from an overseas tabloid, The Word thought it would be interesting to look at past celebrity baby reveals for ways they can promote Wee Little West.

Selling out (or not) to the highest bidder.

• Brad Pitt and Angelina Jolie are No. 1 in raking in cash from their offspring. In 2006, they got $4.1 million for pictures of their first biological daughter, Shiloh, and a whopping $14 million for their twins, Knox Leon and Vivienne Marcheline, in 2008. However, the couple used the payday for good — they donated the millions to charity.

• J.Lo & Marc Anthony pocketed a reported $6 million from People magazine for the rights to publish pictures of their twins, Emme Maribel Muñiz and Maximilian "Max" David Muñiz, in 2008.

• Christina Aguilera received a reported $1.5 million for her baby photos of son Max from People magazine in 2008.

• Beyoncé and Jay-Z eschewed a big pay day and instead released photos of their daughter Blue Ivy to the public via Tumblr with the statement, "We welcome you to share in our joy. Thank you for respecting our privacy during this beautiful time in our lives. The Carter family."

• And of course, they could always not release photos of their baby and enjoy the time privately (editor's note: hahahahahahahahaha!). Some big stars who haven't publicized their recent babies are Adele, The Beckhams, Ben Affleck and Jennifer Gardner, Anna Paquin and Stephen Moyer.

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Hands up everyone who plans to start the new year with a resolution about weight. Yup, that's a lot of hands. As everyone who has ever tried to lose weight knows it's not easy. With the help of Dr. Yoni Freedhoff, an Ottawa-based weight loss expert, and Dr. Arya Sharma, who holds a chair in obesity research and management at the University of Alberta, we're going to tell you about five ways to cut weight.

THE CANADIAN PRESS

# 5 ways to cut weight

## Watch what you drink

Cut the calories you drink. Yes, drink. People routinely forget about the calories in the fluids they imbibe, be it fruit juices, specialty coffees or alcohol, the doctors say. Unlike solid snacks, liquid calories don't fill you up. They don't trigger the brain's impulse to compensate by eating less later.

## Sleep in, lose weight

Get more sleep. The scientific evidence is piling up that society's sleep deficit is contributing to the obesity epidemic. Study after study shows a link between too little sleep and weight gain. In part it's an issue of opportunity: A sleeping person can't eat. Put another way, the more time you are awake, the more opportunity you have to consume calories.

## Don't let it come back

Assess the livability of your approach. Unless you're a lucky person who only needs to shed a couple of pounds gained on a cruise or over Christmas, if you want to lose weight chances are weight control is going to be an ongoing part of your life. So going on a drastic diet may shed the excess weight. But if you ease up, it's going to come back. "The idea that 'I'm just going to do something for a couple of weeks and lose weight'— you're just setting yourself up for failure. That weight is going to come back," Sharma says.

## Make good decisions

Focus on behaviours, not pounds. Your weight is where it is because of your habits. Maybe you snack in front of the TV at night or you give yourself a free pass when you eat out — and you eat out a lot. Grappling with those habits is what you have to do to make inroads on weight control, Sharma says.

## Take the pledge

Set realistic goals. You're not a runner but you decide your path to your ideal weight is by becoming a marathoner. Or you pledge to spend 90 minutes at the gym every day when you currently get there three or four times a month. "I think people should take small steps that are sustainable," Freedhoff says.

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# A sandwich so good it might make you rethink meat

ROSE REISMAN
for more, visit
rosereisman.com

After tasting this sandwich you might decide to go vegetarian! The grilled vegetables, pesto, and brie are a sensational combination. And, yes, you can enjoy brie when you're eating light — just watch the amounts.

For the rolls, I like to use either focaccia or sourdough rolls. If using store-bought pesto, remember it is higher in fat and calories than my homemade version; use a smaller amount or thin it out with a bit of water.

**1.** Preheat oven to 425 F. Line a rimmed baking sheet with foil.

**2.** Place onion, red pepper, mushroom and zucchini on the prepared baking sheet. Spray lightly with cooking oil. Roast vegetables, turning once, for 25 to 30 minutes or until tender. Remove and allow to cool.

**3.** For the pesto, place all basil leaves, Parmesan, pine nuts, cream cheese, garlic, stock, and olive oil in the bowl of a small food processor and purée until smooth.

**4.** Combine 2 tbsp pesto and sour cream in a small bowl.

**5.** Cut roasted vegetables into pieces that fit the shape of the bread. Place in a bowl and toss with the oil, vinegar and garlic.

**6.** Spread the pesto mixture over the bottom half of each roll. Top with the vegetable mixture and brie. Replace the top half of the roll and cut in half to serve.

**This recipe serves eight.** PER KRISTIANSEN, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

**Ingredients**

- 1/2 large red onion, sliced
- 1 red bell pepper, cut in 8 wedges
- 1 large portobello mushroom, thickly sliced
- 1 zucchini, cut in 3 slices lengthwise
- 2 tbsp basil pesto sauce
- 2 tbsp low-fat sour cream
- 1 tbsp olive oil
- 2 tsp balsamic vinegar
- 1/2 tsp minced fresh garlic
- 4 large rolls (each 3 1/2 oz), split
- 2 oz brie cheese, thinly sliced

**Basil Pesto Sauce (Makes 3/4 cup)**

- 1 cup fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese
- 1 tsp minced fresh garlic
- 3 tbsp chicken stock or water
- 2 tbsp olive oil

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- Transforming of the lower energies into higher energies
- Increasing the flow of pranic energies within the body
- Spiritual growth

To learn more about the Superbrain Yoga technique and its application, please visit us at www.bodhiwellbeing.com or contact us at 403-452-1469

# Cumin-Dandelion Green Cornbread. Go green

**1.** Heat the oven to 375 F. Place a 9-by-9-inch metal baking pan or 9-inch cast-iron skillet in the oven to heat.

**2.** In another skillet over medium-high, heat the oil. Add dandelion greens, cumin and red pepper flakes. Sauté until the stalks are tender and any extra liquid has evaporated, 10 minutes. Drizzle the greens with the lemon juice, toss well, then set aside.

**Ingredients**

- 1 tbsp olive oil
- 4 cups chopped fresh dandelion greens (about 1/2 bunch)
- 1 tsp whole cumin seeds
- 1/2 tsp red pepper flakes
- Juice of 1 lemon
- 1 cup all-purpose flour
- 1 cup cornmeal
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 cup sugar
- 1 tsp salt
- 1 1/3 cups milk
- 4 tbsp (1/2 stick) butter, melted
- 2 large eggs
- 1 cup frozen or canned corn kernels

**3.** In a large bowl, whisk together the flour, cornmeal, baking powder, baking soda, sugar and salt.

**4.** In another bowl, whisk together the milk, butter and eggs. Mix the wet ingredients into the dry, stirring only enough to moisten the dry ingredients.

**5.** Gently stir the dandelion greens and corn into the batter. Remove the heated pan from the oven and coat with cooking spray. Spoon the batter into the pan and bake for 30 to 35 minutes, or until golden. Cool in the pan.

THE ASSOCIATED PRESS

**Health Solutions**

# *High water content*

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Canadian winters are parching because the heated indoor air is as dry as the desert. The double downside is that when you catch a bug, your need for liquids goes even higher.

Your hair, skin and lips show it on the outside, but the inside is crawling toward the oasis too.

Drinking your eight glasses a day is a bit of a myth, given that the foods you eat provide lots of water as well.

Increasing the high water choices helps beat dehydration with the added bonus of filling you up and preventing hunger. Choose wisely from this list of low cal/high water foods.

- **Watermelon**
- **Oranges/lemons**
- **Kiwi**
- **Berries**
- **Apples/pears**
- **Yogurt**
- **Leafy Greens: iceberg, romaine, kale, spinach, collards**
- **Tomatoes**
- **Cucumbers**
- **Celery**
- **Cabbage**
- **Broccoli**
- **Low sodium broth soups**

Of course, there is always a nice big bottle of sparkling water on your desk in the a.m. that must be finished by the end of the day.

That's the best cue to making sure you are getting enough. You will know by the colour of your urine, the lighter and clearer the better.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

## New year's resolutions worth thousands

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Exhale a sigh of temporary fiscal relief — the holidays are finally over! Now it's time to deal with the financial aftermath of such a joyous, fun-filled and financially catastrophic holiday season.

If you're feeling maxed out and are dreading the delivery of your January credit card and bank account statements, you'll benefit from a New Year's Resolution which will save you thousands: a 2013 frugality diet.

Before you sell your worldly possessions to pay off your Best Buy loan, go Zen for just a moment. Take 10 deep breaths and know that you have the ability to reduce your monetary stress and grow your financial security. Join the ranks of thousands of North Americans that report feeling financially optimistic about 2013.

Start by determining your bottom line. Once you know where you stand, you can create a plan to grow your net worth. Download your favourite net worth tracking tool to determine what you own and owe. ALL major banks have free online calculators, but if you want to build your own, simply total up your assets (own) and subtract your liabilities (owe).

Focus on the highest impact savings opportunities. If you've got two cars and could get by with one, sell the other. Rent out unoccupied space in your house. Start eating at home rather than buying food from restaurants. Become a smarter shopper using coupons, cutting back and buying items on sale. Sell household or personal items you could live without, like an extra television.

Face your debts head-on. On a spreadsheet, list who you owe money to, the interest rate and balance. Each month, pay a little extra on the highest interest debt until it's paid off. Then pay extra on the next highest interest debt. Remember, you'll have extra money from your previous debt's regular payment. DO NOT rack up additional debt while paying off the existing.

Retirement approaches fast and growing funds for the future is critical. Take advantage of employer

# Will debt settlement companies really solve your financial woes?

**Money.** Ontario joins other provinces aiming to regulate the operations of these companies

YOUR MONEY
Alison Griffiths
money@metronews.ca

Any request for money up front is a red flag when looking for a debt settlement organization. ISTOCK IMAGES

An Ottawa debt settlement company promised Holly Wang complete debt relief. The reality didn't live up to her expectations. The Kingston, Ont., nurse began the spiral into debt 15 years ago when she and her husband bought their first house. Twins and a divorce soon followed and her deadbeat husband made only sporadic child support payments.

"I was pretty depressed about it and got into gambling ,which was the worst thing but at the time it seemed like a way out. I also bought lottery tickets almost every day."

As her debt situation worsened the stress made Wang sick and she was increasingly absent from her job as a nursing home supervisor. Her employer finally ran out of patience and let her go.

In desperation, Wang turned to a debt settlement company. She paid $500 in up front fees then $300 monthly into an account with the company. She was told to ignore her creditors until she had built up sufficient funds to make a deal with them. In the end, only two of her seven creditors were willing to settle. She paid her money for nothing.

Wang's experience is all too common. "Essentially, debt settlement companies have charged huge fees, sometimes in the thousands, made broken promises to settle debts for consumers and not followed through on their claims to be able to work with creditors," wrote Laurie Campbell, CEO of the not-for-profit charity, Credit Canada Debt Solutions (CCDS) in a recent blog.

On Friday, the Ontario government joined Alberta, Manitoba and Nova Scotia by introducing regulations to curb these companies, more than 20 of which operate in the province. Still at the proposal stage, the Ontario government is aiming to ban up-front fees, limit total fees collected, improve the transparency of contracts and allow a 10-day cooling off period.

Canadians in any province needing help with their debts should ensure the organization is a not-for-profit charity. Any request for money up front is a red flag, as are excessive promises to eliminate debt or settle with creditors for pennies on the dollar. Also, don't believe assurances that your credit score won't be affected.

If in doubt, contact CCDS (www.creditcanada.com), or other member agencies of the Canadian Association of Credit Counselling Services (caccs.ca).

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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SPORTS 4

# NHL's Daly says season most likely to be 48 games

Sidney Crosby skates with his Penguins teammates on Monday in Pittsburgh. NHL deputy commissioner Bill Daly says a 48-game season is most likely after the league ended its 113-day lockout Sunday morning. GENE PUSKAR/THE ASSOCIATED PRESS

**Timeline.** Time needed to ratify new CBA makes 50-game schedule unlikely

The timeline for the start of a shortened NHL season remained up in the air one day after the league and NHL Players' Association shook hands on a tentative deal to end the lockout.

Deputy commissioner Bill Daly told The Canadian Press on Monday morning that hope for a 50-game schedule had faded as the sides continued to finalize the memorandum of understanding their constituents will vote on later this week.

As a result, the league is expected to return with a 48-game season starting Jan. 19.

"It depends on (the) ratification timeline for PA, but it's looking more and more like 48 games is going to be the only option," Daly said in an email.

The NHL's board of governors is scheduled to meet in New York on Wednesday to hold a ratification vote. A schedule had yet to be made formal for players to cast ballots, but it's believed the NHLPA wants to give them time to review the document — meaning they likely won't be able to wrap up a vote before Saturday.

Both sides need to get majority support to adopt the tentative deal they reached early Sunday morning.

THE CANADIAN PRESS

**Balancing act**

**The NHL played 48 games following the 1994-95 lockout with a balanced intra-conference schedule for what was then a 26-team league.**

- It's going to be a little more complicated this time. The NHL plans to have teams play three games against the 10 opponents within the same conference but outside their division. They will then have an unbalanced schedule against division rivals, with five games against two teams and four against the two others, according to a source.

NBA

## Wizards find magic again vs. tough opponent

Bradley Beal made a jumper with 0.3 seconds left after using a pump fake to get open, and the short-handed Washington Wizards beat the Oklahoma City Thunder 101-99 Monday night.

Kevin Durant led Oklahoma City (26-8) with 29 points.

The Wizards (5-28), playing without their top two scorers, had lost 13 of their last 14, but they also beat the Miami Heat earlier in the season. Beal and Martell Webster led the Wizards with 22 points each.

The Thunder missed 16 straight shots from midway through the third quarter to midway through the fourth quarter.

THE ASSOCIATED PRESS

## Crimson Tide roll to a second straight championship

T.J. Yeldon of the Alabama Crimson Tide scores a second-quarter touchdown against the Notre Dame Fighting Irish during the Discover BCS National Championship at Sun Life Stadium on Monday in Miami Gardens, Fla. Alabama rolled to its second consecutive BCS championship, and third in four seasons, beating No. 1 Notre Dame 42-14 in a BCS championship game that was no classic after all. KEVIN C. COX/GETTY IMAGES

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See today's answers at metronews.ca/answers.

## Horoscopes

### ♈ Aries
**March 21 - April 20**
You could easily get the wrong end of the stick today and say or do something you regret. If you do make a mistake, don't make it worse by refusing to admit it. An apology now will save a lot of grief later.

### ♉ Taurus
**April 21 - May 21**
According to the planets, someone will try to mislead you today. No matter how reliable you think your sources may be, make sure they know what they are talking about. Get a second opinion if necessary.

### ♊ Gemini
**May 22 - June 21**
Don't change your plans just because you are having second thoughts about a joint enterprise of some kind. Everyone has doubts occasionally — yes, even a Gemini — so sleep on it before making a final decision.

### ♋ Cancer
**June 22 - July 23**
You may feel tied down by obligations but there is not much you can do about it, so be patient. If you give others the impression you would rather be somewhere else, they may pile more work on you.

### ♌ Leo
**July 24 - Aug. 23**
If you are not too careful, today's cosmic influences could loosen your tongue and encourage you to say things that should be kept under wraps. Remember, knowledge is power, and the less others know about you the better.

### ♍ Virgo
**Aug. 24 - Sept. 23**
You may do something silly over the next 24 hours but nothing bad will come of it. The best way to deal with embarrassing situations is to laugh at them. They're simply not worth losing sleep or friends over.

### ♎ Libra
**Sept. 24 - Oct. 23**
You may be tempted to rush things today, to get through your tasks in double quick time, but that would be a mistake. Take your time and make sure you do everything to your full ability. Expect the best of yourself.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
You could be rather touchy today, and for no good reason, but that's OK. Everyone who knows you realizes that once in a while you slip into a bit of a funk. And those who don't know you will soon learn.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Things are going well for you now but there is a danger you could be lulled into a false sense of security. On the money front, especially, you are advised to take nothing for granted. Don't give away anything for free.

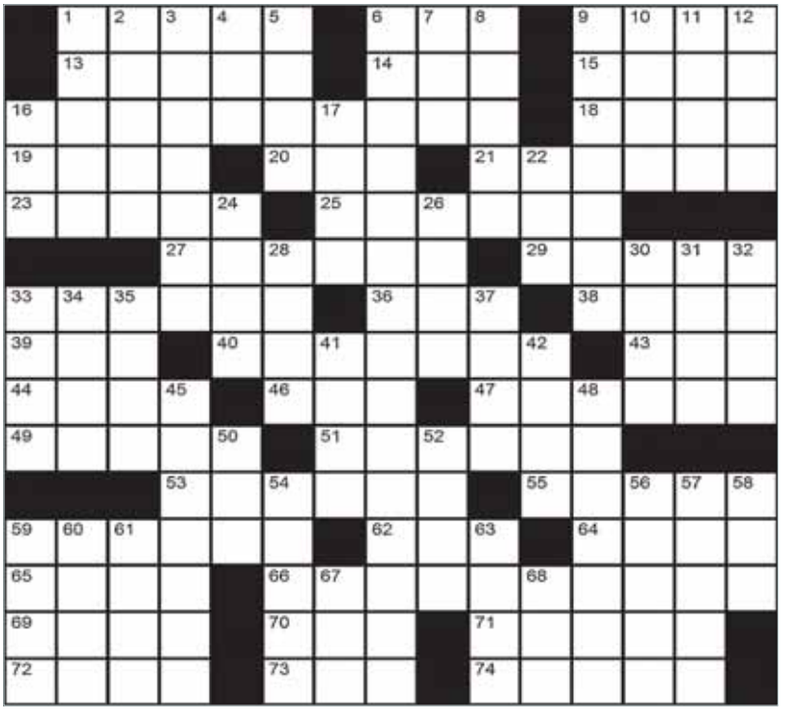
### ♑ Capricorn
**Dec. 22 - Jan. 20**
Why are you so worried? What can possibly go wrong? The Sun in your sign indicates that no matter what you do today it will work out for the best, so get on with it and wipe that frown from your face.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
When the Sun moves into your birth sign at the end of next week, your energy will return. But between now and then you are advised to take things easy, mentally and emotionally as well as physically. Pace yourself.

### ♓ Pisces
**Feb. 20 - March 20**
You are in one of your daydreamy moods at the moment and there is nothing wrong with that, but watch out you don't lose touch with reality completely. There are people out there who will take advantage. SALLY BROMPTON

## Crossword: Canada Across & Down

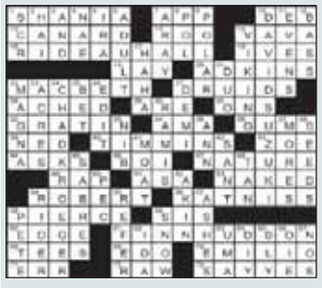
BY KELLY ANN BUCHANAN



**Across**
1. Rocker born Jan. 8th, 1935
6. "Brother Down" singer Mr. Roberts
9. Recipe meas.
13. Singer Bonnie
14. Pussycat Dolls hit: "Don't __"
15. __ National Park, BC
16. Current exhibit at #9-Down, Terrestrial __
18. A&W __ Beer
19. "...take _ __ song and make it better."
20. For each
21. "Wild __" by Gino Vannelli
23. Litigate again
25. Go "Achoo!"
27. Volcano opening
29. "I'm a __ 4 U" by Britney Spears
33. Soup tidbit
36. Performed
38. Sci-Fi princess
39. Dublin, __.
40. Dressed like Dracula
43. CV
44. Actor Mr. Schreiber
46. Mr. Pacino's
47. Snappy reply
49. 'Sexiest Man Alive', Channing __
51. Penitent person
53. Northwest Territories town
55. Some large cats
59. Canadian actor Mr. Garber of NBC's new drama "Deception"
62. Avril's follower
64. Bananas brand
65. Much: 2 wds.
66. Football-shaped "Family Guy" character: 2 wds.
69. Garage band's CD
70. Banqueted
71. Sir Newton
72. Paradise
73. __'easter
74. Lightly fry

**Down**
1. Clear
2. Sing-song sounds
3. Bridge with arches
4. 'Social' suffix
5. Supremes song starter!
6. __, Beloved of the Sky (Emily Carr, oil on canvas, 1935): 3 wds.
7. Sushi tuna
8. Papier-__
9. Royal __ Museum (Fossils-viewing spot in Alberta's badlands)
10. Ghost cries
11. Pump or loafer
12. Cultivating containers
16. Golf standard
17. Soap brand
22. Li'l weight units
24. Toronto-born actor Mr. McCormack
26. Mr. Estrada
28. Teatro __ Scala; aka La Scala (Milan opera house)
30. Bubbly bar
31. Challenger
32. The __ Coast
33. Lively tune
34. 'Crit' completer
35. Nair competitor
37. Actress Laura
41. Norwegian king, variantly
42. Meaningful
45. Louis __ handbags
48. Past (and possibly future?) Prime Minister
50. Alphabetic trio
52. "No problem."
54. Country star Keith
56. Never Cry Wolf author Farley
57. Lewis Carroll character
58. Look
59. __ mecum (Handbook)
60. __ _'Orleans, QC
61. Order to Fido
63. Egyptian goddess
67. _ __ Z
68. US airport screening org.

## Yesterday's Crossword

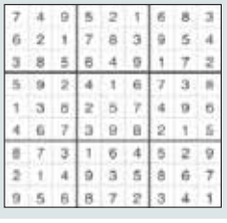


## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | 4 | | | |
| | 4 | | | 8 | | | | |
| | | | | 7 | 2 | 3 | 4 | 9 |
| | 6 | 5 | | 3 | | | 8 | 2 |
| | | 4 | 8 | | 1 | 5 | | |
| 3 | 8 | | | 6 | | 7 | 9 | |
| 2 | 7 | 1 | 6 | 9 | | | | |
| | | | | 4 | | | 6 | |
| | | | 1 | | | | | |

## Yesterday's Sudoku



## Weather

| TODAY | WEDNESDAY | THURSDAY |
|---|---|---|
| MAX: -1° | MAX: -6° | MAX: -12° |

ANDREW SCHULTZ
METEOROLOGIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

BT BREAKFAST TELEVISION

GOD'S PROMISE FOR ME!
The same God who cares so wonderfully for wildflowers that are here today and destroyed tomorrow will certainly take care of me.
*(Matthew 6:30)*
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MSRP: $41,865 SALE PRICE: $26,990 $82 /WEEK†

★ OVER $14,875 IN SAVINGS! ★

C121773 — EARN 1,500 AIRMILES!

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6-SPEED AUTO, REMOTE START, A/C, CRUISE CTRL, AUDIO INTERFACE, 7-PASSENGER, XM SATELLITE RADIO, ONSTAR, BLUETOOTH

MSRP: $26,075 SALE PRICE: $19,995 $61 /WEEK†

★ OVER $6,000 IN SAVINGS! ★

C121643 — EARN 1,500 AIRMILES!

2012 CHEVROLET CRUZE LS
6-SPEED AUTO, A/C, ABS, ONSTAR, XM SATELLITE RADIO, ABS, STABLITRAK

MSRP: $20,660 SALE PRICE: $17,999 $55 /WEEK†

★ MANAGER'S SPECIAL ★ 0% FINANCING AVAILABLE!*

C121134 — EARN 2,000 AIRMILES!

2012 CHEVROLET CAMARO SS COUPE
6.2L V8 ENGINE, 426 HP, 6-SPEED MANUAL, RALLY SPORT PACKAGE, REAR-VIEW CAMERA/ASSIST, A/C, SUNROOF, BLUETOOTH, XM RADIO

MSRP: $42,590 SALE PRICE: $34,995 $103 /WEEK†

★ OVER $7,500 IN SAVINGS! ★

P120767 — EARN 2,000 AIRMILES!

2012 GMC TERRAIN AWD 2.4L DOHC 6-SPEED AUTO, REMOTE START, A/C W/ CLIMATE CTRL, HEATED FRONT SEATS W/ PERFORATED LEATHER, REARVIEW CAMERA, BLUETOOTH, ONSTAR, NAVIGATION, XM SATELLITE RADIO

MSRP: $36,270 SALE PRICE: $27,995 $85 /WEEK†

★ HAIL SPECIAL ★ ★ OVER $8,200 IN SAVINGS! ★

C121417 — EARN 1,000 AIRMILES!

2012 CHEVROLET SONIC LS 6-SPEED AUTO, A/C W/ CLIMATE CTRL, BLUETOOTH, ONSTAR, SPOILER, ALUMINIUM WHEELS, ABS, STABLITRAK

MSRP: $20,020 SALE PRICE: $14,999 $46 /WEEK†

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**NO** PAYMENT FOR 6 MONTHS†

**NO** INTEREST FOR 6 MONTHS†

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†O.A.C. *O.A.C. OF 0% FOR 84 MTHS - PAYMENTS NOT BASED ON 0% FINANCING. CERTAIN VEHICLES MAY HAVE MINOR HAIL DAMAGE. CAN BE PAINTLESS DENT REPAIRED FOR ADDITIONAL COST. 1. O.A.C @ 5.99% FOR 96 MONTHS. TAXES (GST, $20 TIRE & $100 A/C) AND FEES ($449 ADMINISTRATION, $149.95 WHEELS LOCKS AND NITROGEN & $6.25 AMVIC) NOT INCLUDED. ERRORS & OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN.

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